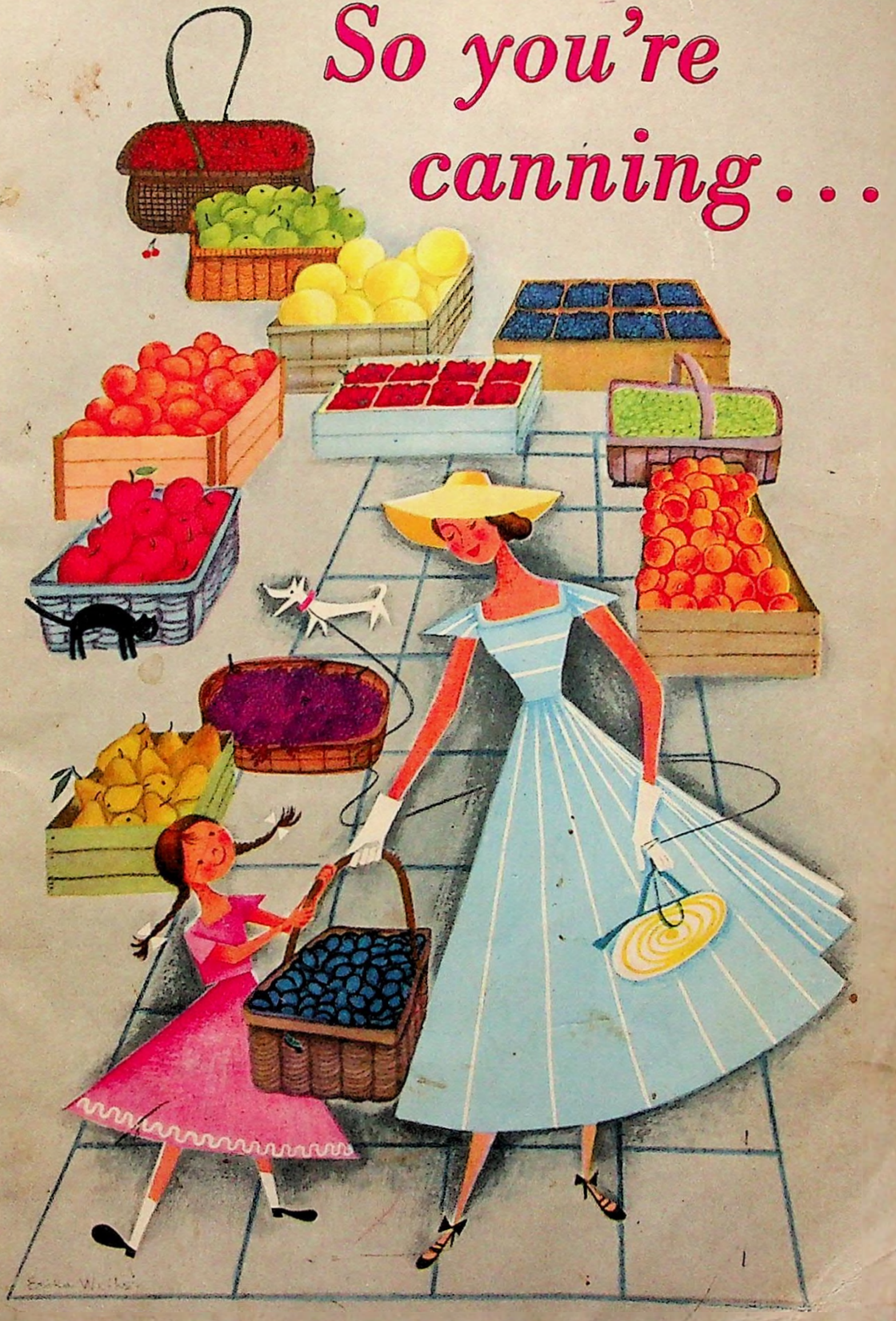
So you're canning . . .



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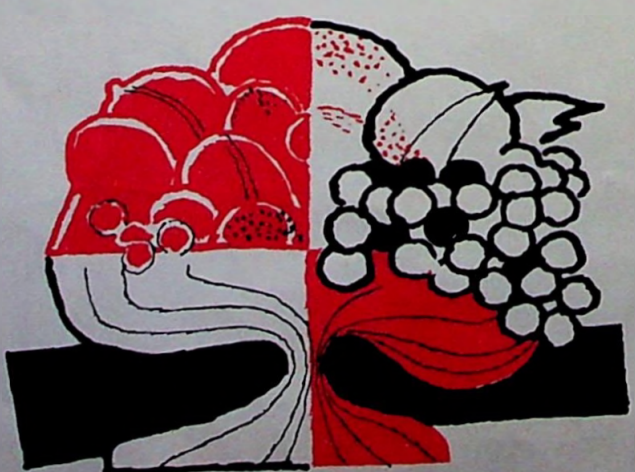
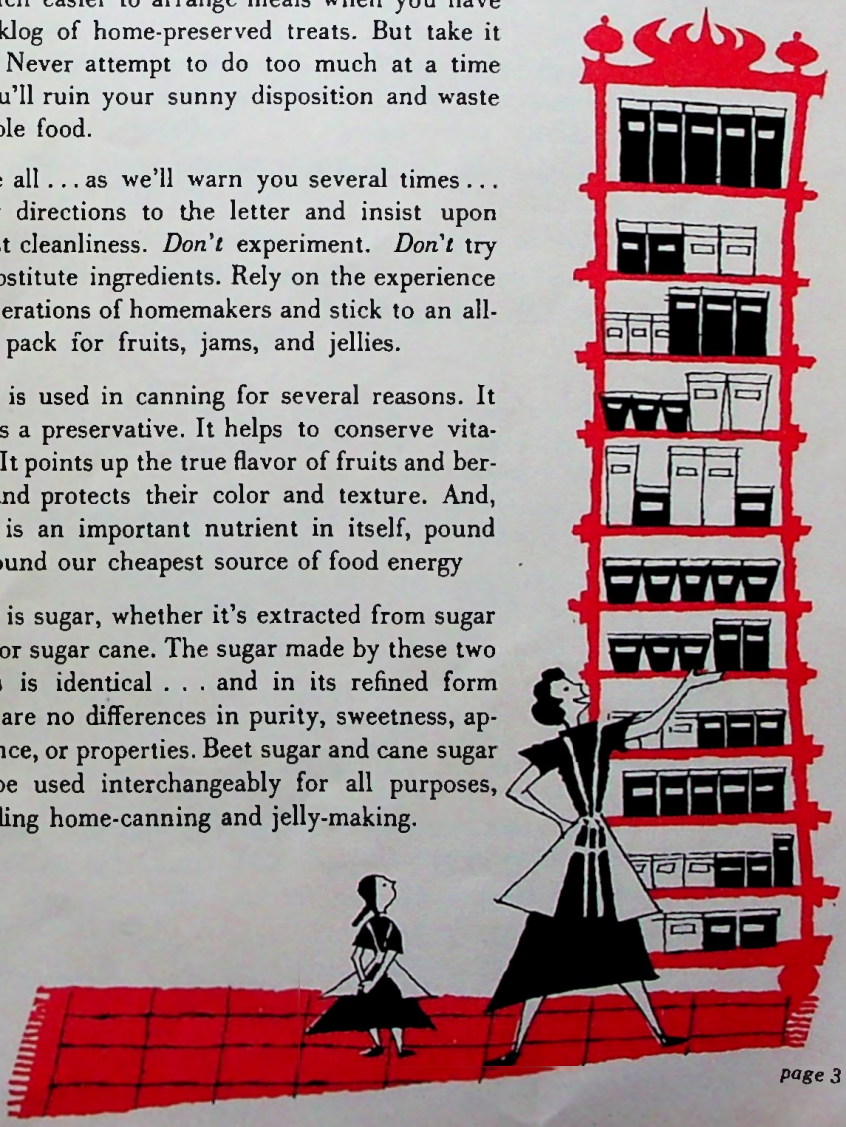


When you decide you're going to can your own fruits and vegetables, and you dream of shelves lined with glistening jars . . . pause. Plan your work. Plan it carefully. Canning can be a chore, but if you tackle it sensibly you'll find it's lots of fun, too. There's a nice feeling of security in having a well-filled pantry, and a sense of achievement in doing the work yourself. And it's so much easier to arrange meals when you have a backlog of home-preserved treats. But take it easy! Never attempt to do too much at a time or you'll ruin your sunny disposition and waste valuable food.

Above all . . . as we'll warn you several times . . . follow directions to the letter and insist upon utmost cleanliness. *Don't* experiment. *Don't* try to substitute ingredients. Rely on the experience of generations of homemakers and stick to an all-sugar pack for fruits, jams, and jellies.

Sugar is used in canning for several reasons. It acts as a preservative. It helps to conserve vitamins. It points up the true flavor of fruits and berries, and protects their color and texture. And, sugar is an important nutrient in itself, pound for pound our cheapest source of food energy

Sugar is sugar, whether it's extracted from sugar beets or sugar cane. The sugar made by these two plants is identical . . . and in its refined form there are no differences in purity, sweetness, appearance, or properties. Beet sugar and cane sugar may be used interchangeably for all purposes, including home-canning and jelly-making.



do's and dont's

Do make out a canning "budget". Keep in mind the size of your family, fruits available for canning, number of weeks fresh fruits are out-of-season, expensive, or not available.

Do work with a group if possible. It's more fun; work goes faster.

Do can fruits within a few hours of gathering.

Do discard imperfect jars or lids.

Do use rubber rings of best quality.

Do check equipment before you begin. Be sure you have everything you need, all in good order and condition.

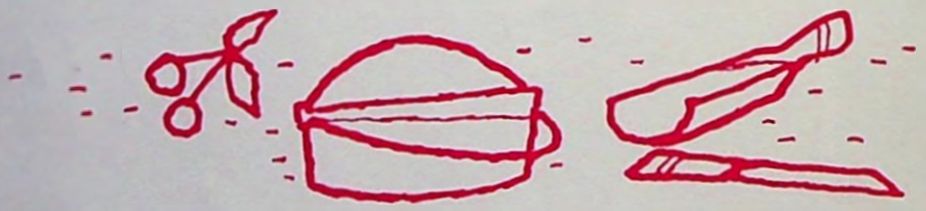
Do test jars for leakage before using.

Do be sure everything you use, even the cloth for wiping off sealing surfaces, is CLEAN.

Do remember "boiling" means just that—not warm or simmering.

Do use containers of the right size for product being canned.

Do we repeat! FOLLOW DIRECTIONS!



Don't hold produce over, but if you must, in an emergency, keep it in the refrigerator.

Don't try to can non-acid vegetables or fish, meat or poultry, unless you have a pressure canner. The deadly *bacilli botulinus* may get you if you do.

Don't undertake too much canning or preserving on any one day. Weariness, carelessness, haste and "nerves" may result in jars of wasted food.

Don't use rubber rings a second time.

Don't use canned food that shows signs of spoilage. Instead, destroy the jars so that children or pets can't get at them.

Don't use unsound or over-ripe produce.

Don't delay between steps in canning.

Don't can on excessively hot, humid days; low atmospheric pressure affects the boiling point of water and may cause spoilage.

Don't open containers after processing.

Don't pack containers too tightly; follow "head room" directions.

in general

Canning Equipment: Don't attempt canning unless you have proper equipment. Here is what you need for canning fruits and acid vegetables:

Water-bath canner: (for fruits, rhubarb, tomatoes)

Any big, deep kettle, with a cover and rack will do, although there are especially designed canners of this type.

The rack is intended to keep containers from touching the bottom of the utensil. A partitioned rack, to prevent jars from touching each other, is excellent.

The utensil must be deep in order that the boiling water may cover tops of jars by at least 1 inch.

Containers:

Types of Glass Jar Closures:

1. Porcelain lined screw cap, rubber ring. Fits standard Mason jar.

Fit wet rubber ring smoothly on shoulder of jar. Fill jar. Wipe ring and rim. Screw cap on firmly, then turn back ¼-inch. After processing, screw cap on tight.

2. Wire bail, glass lid, rubber ring. Fits Lightning-type jar.

Fit wet rubber ring on ledge at top of jar. Fill jar. Wipe ring and rim. Put on glass lid. Push long wire over top, leave short wire up. After processing push short wire down.

3. Glass or lacquered metal lid and rubber ring, metal screw-band. Fits standard Mason jar.

Fill jar, wipe rim; fit wet rubber ring on lid. Put lid on jar, rubber side down. Screw band on tight, turn back almost a quarter turn. Be sure jar and band meet. After processing screw band tight.

4. Flat metal lid with self-sealing compound, metal screw-band. Fits standard Mason jars.

Fill jar, wipe rim. Put lid on with sealing compound next to glass. Screw band down tightly by hand, don't use a wrench. After processing do not tighten further.

5. Vacuum-seal lid with rubber ring and metal spring clip. Fits special wide - mouth, straight-sided jars.

Fill jar; wipe rim. Snap fasten lids. After processing and cooling, remove clip; test for seal; replace.

Rubber rings: Buy best quality, never use a second time, never use 2 rings on one jar.

Unless rubber rings are "alive" and resilient, they will allow air to get in and spoil the contents of the jars.

Test rubber rings before using them: pinch the ring together between thumb and first finger, then release it. If the ring springs back into shape at once, use it. If it remains limp and has no "come-back", or, if it cracks, throw it away.

Adjust rubber rings by rolling them on, with as little stretching as possible.

Glass bottles (for juices, ketchup, etc.): use crown caps and a capping machine for sealing, following manufacturer's directions for use of the machine.

Small equipment: (You'll probably have most of these items in your kitchen.)

Vegetable brush
Colander
Food mill or sieve
Funnels (wide and narrow)
Paring knives (stainless)
Measures (½ pt., 1 pt., 1 qt.)
Scales
Scissors
Skimmer (for jelly)
Spatula
Measuring spoons
Wooden spoons for stirring
Tongs
Jar lifter
Jelly bag
Kettles
Paraffin
Food chopper
Gadgets (optional), such as:
- Berry huller
- Apple corer
- Cherry pitter
- Juice press

Cleanliness

Cleanliness is safety. Food, containers, work-surface, hands . . . all must be immaculately clean.

Glass jars and lids: Wash in hot soapsuds; rinse.

Self-sealing lids: Follow manufacturer's directions.

Rubber rings: Scrub with hot soapy water; rinse; drop into baking soda solution (1 tbsp. soda to 1 qt. water for 1 doz. rings); bring to boil; boil 10 minutes. Rinse well.

Canning at High Altitudes

The boiling point of water decreases with altitude, so foods must be processed for a longer time at higher elevations. If the recommended processing time is 20 minutes or less, add 1 minute to the processing time for each 1,000 feet of elevation above sea level; if the recommended processing time is more than 20 minutes, add 2 minutes for each 1,000 feet of elevation.

Signs of Spoilage: **(Never, never taste . . . just look)**

Fermentation: Food sours, looks mushy or "cheesy". Gas bubbles. Tin cans bulge at ends. *Destroy* contents . . . burn or bury deep.

Flat-sour: No gas bubbles. Food looks mushy, has flat disagreeable odor. *Destroy* as above.

Putrefaction: Food turns soft and darkens. Extremely bad odor. Gas causes tin cans to bulge. *Destroy* as above.

Bacilli botulinus: No warning . . . deadly as a cobra. Occurs in non-acid foods canned by methods other than steam pressure. No locality immune. This is fair warning!

about canning

Order of Operations

Be sure equipment, utensils and work surface are immaculately clean.

Prepare enough syrup for the job at hand (1 cup for each quart jar of fruit).

Wash and rinse enough containers to fit in the water-bath canner. Set them in a pan of hot water, so that they will be hot when filled.

Fill water-bath canner to a point at least 1-inch above tops of containers. Place over high heat.

Sort fruit for degree of ripeness and size. Use green or over-ripe fruit for other purposes.

Wash fruit, a little at a time. Use a colander or wire basket, and *lift* from water.

Prepare fruit as quickly as possible.

Prepare containers, according to type (pages 5 & 6).

Set hot containers in cloth-lined shallow pan.

Pack containers as directed for type of fruit (pages 11 to 17). Remove air bubbles by working spatula or table knife down sides of jar.

Fill containers with *boiling* syrup.

Wipe sealing surface with *clean*, damp cloth.

Set lids in place.

Seal containers partially or completely, according to type (pages 5 & 6).

Lower containers on to the rack in water-bath canner. Do not let one container touch another. For cold pack in glass jars, water should be hot but not boiling. For all other packs, water should be boiling. Be sure water covers jars to a depth of at least 1-inch. Bring water back to *boiling* as fast as possible.

Begin timing as soon as water *boils* rapidly again. Keep the water at a *rapid boil* during entire processing time. Add boiling water during processing if water level drops.

At the end of processing time, remove containers and complete the seal *at once* if a partial seal was used.

If liquid has boiled out during canning, seal the jar as it is. *Do not open* to add more liquid.

Set containers upright and far apart to cool. *Prompt cooling is essential* to prevent spoilage. But never set a hot jar on a cold surface or in a draft.

When containers are cold, wipe them off thoroughly and label with name of product, date of canning and any other desirable information.

Store containers in a cool, clean, dark, well-ventilated place where they cannot either freeze or become over-heated.

Sugar Syrup for Canning Fruits

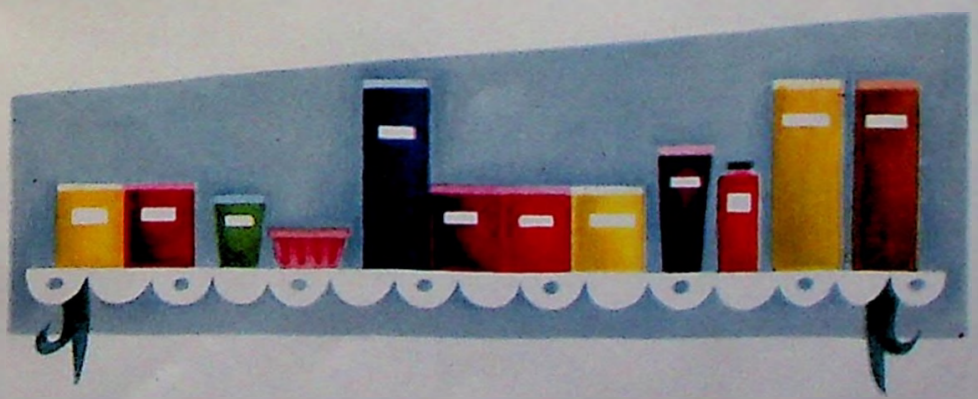
Combine sugar and water or fruit juice in proportions given below. Stir over low heat until sugar dissolves, then boil 5 minutes.

Thin syrup . . . . . 1 cup sugar to 3 cups water or juice.

Medium syrup . . . . . 1 cup sugar to 2 cups water or juice.

Heavy syrup . . . . . 1 cup sugar to 1 cup water or juice.

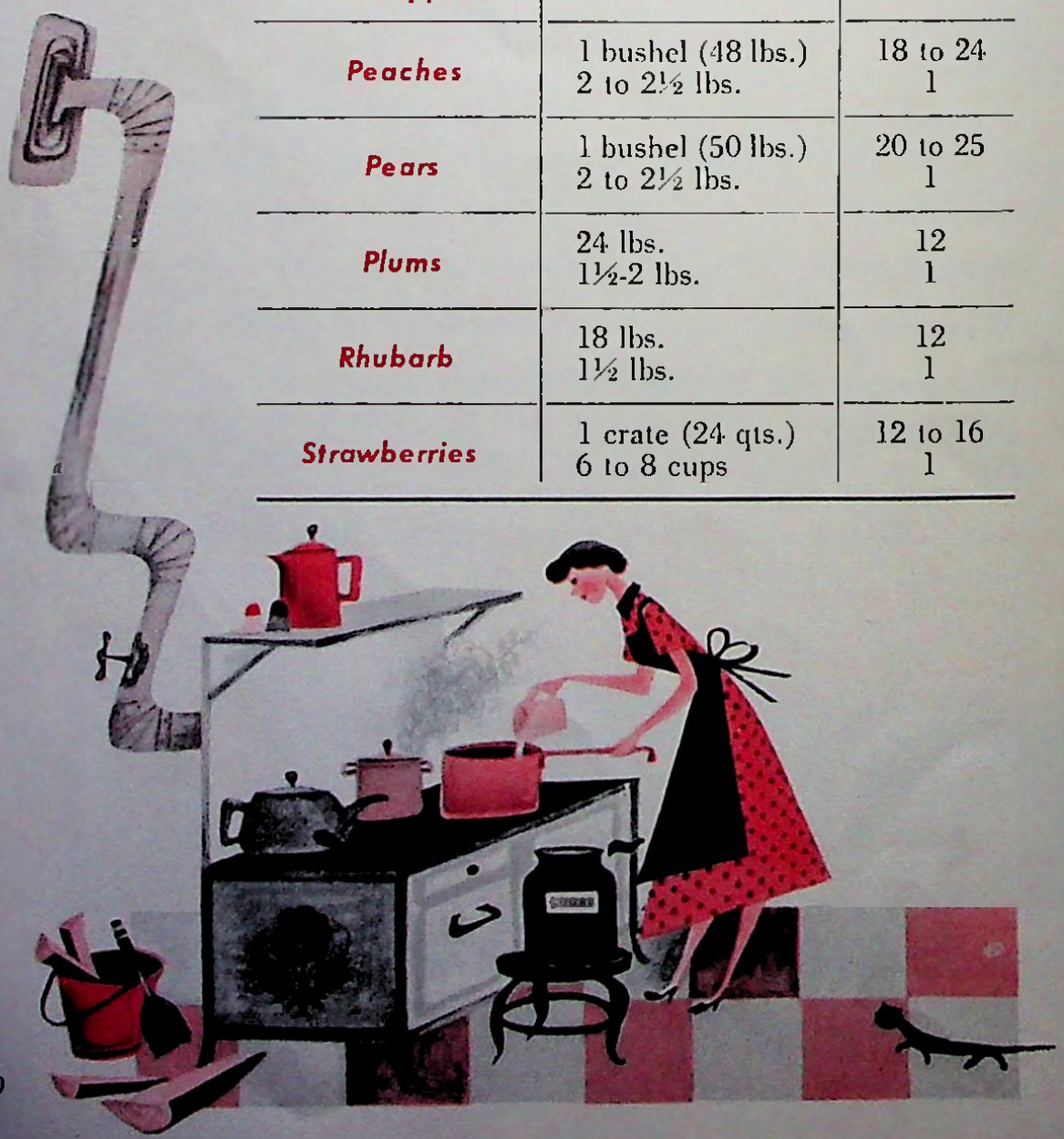
Spiced syrup (for peaches, pears, apricots, etc.): Dissolve 3 lbs. sugar (brown or granulated) in 1½ qts. vinegar mixed with 2 cups water. Tie the following spices in a cheesecloth bag: 1 tbsp. each whole cloves, broken stick cinnamon and allspice berries.; add to sugar solution with 1½ tsp. ground ginger. Bring to a boil, boil 5 minutes. Let stand 24 hours; strain. Use like plain sugar syrup.



To Figure Yield

The following table will help to estimate how many containers can be filled from a given amount of raw fruit.

Fruit	*Quantity Fresh*	*Yield in qts.*
Apples	1 bushel (38 lbs.) 2½ to 3 lbs.	16 to 20 1
Apricots	30 lbs. 2-2½ lbs.	12 1
Berries (except strawberries)	1 crate (24 quarts) 5 to 8 cups	12 to 18 1
Cherries	1 bushel (56 lbs.) 6 to 8 cups	22 to 32 1
Crabapples	1 lb.	1
Peaches	1 bushel (48 lbs.) 2 to 2½ lbs.	18 to 24 1
Pears	1 bushel (50 lbs.) 2 to 2½ lbs.	20 to 25 1
Plums	24 lbs. 1½-2 lbs.	12 1
Rhubarb	18 lbs. 1½ lbs.	12 1
Strawberries	1 crate (24 qts.) 6 to 8 cups	12 to 16 1



how to tackle

Follow first 5 steps under Order of Operations, page 8. Then go ahead, with the fruit on hand:

Apples: Pare, core and slice. Drop into acid-water (2 tbsp. each salt and vinegar per gal.) to prevent darkening. Drain. Boil 5 min. in Thin Sugar Syrup. Pack hot fruit in containers to within ½-inch of top. Cover with *boiling* syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 15 minutes (pints or quarts).

Applesauce: Prepare applesauce according to your favorite recipe. Pack, *boiling hot* in containers, to within ¼-inch of top. Adjust lids. Process in *boiling* water bath 10 minutes (pints or quarts).

Apricots: Follow directions for Peaches.

Berries: (except strawberries) Wash cap and stem if necessary. Pack cold berries in containers to within ½-inch of top. Shake jars for full pack. Cover with *boiling* Medium Sugar Syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 20 min. (pints or quarts).

Cherries, sour red: Pit, if desired.

Method 1: Pack cold cherries in containers to within ½-inch of top. Cover with *boiling* Heavy Sugar Syrup, leaving ½-inch space at top. Adjust lids according to type (page 5). Process in *boiling* water bath 20 min. (pints); 25 min. (quarts).

Method 2: Boil cherries in Heavy Sugar Syrup 7 min. Let stand overnight. Reheat to boiling. Pack cherries, *boiling hot*, in containers to within ½-inch of top. Cover with *boiling* syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 5 min. (pints or quarts).

Cherries, sweet: Do not pit. Follow either method for sour cherries, above, using Medium Sugar Syrup.

Cranberry sauce: Make cranberry sauce according to your favorite recipe. Pack, *boiling hot*, in containers to within ½-inch of top. Adjust lids. Process in *boiling* water bath 5 minutes (pints or quarts).

Currants: Stem if necessary. Pack cold currants in container to within ¼-inch of top, pressing down lightly for full pack. Cover with *boiling* Heavy Sugar Syrup, leaving ¼-inch at top. Adjust lids. Process in *boiling* water bath 20 min. (pints or quarts).

Fruit juices: Select fully ripe fruit. Wash, drain and crush. Add ½ cup water to each pound of fruit (except berries—they do not need water). Heat several minutes (do not simmer or boil).

Strain through cloth bag. Add sugar to taste (½ to 1 cup per gallon of juice). Heat to 170°F. Fill containers to within ⅛-inch of top. Adjust lids. Process in water bath at simmering temperature (below boiling, 180°F.), 20 min. (pints or quarts).

Fruit purees: Simmer fruit until soft, adding a little water if necessary to prevent scorching. Put through food mill or sieve. Add sugar to taste. Heat again to simmering. Fill into containers to within ¼-inch of top. Adjust lids. Process in *boiling* water bath 20 min. (pints or quarts).

Gooseberries: Follow directions for Currants, using Medium Sugar Syrup for ripe gooseberries, Heavy Sugar Syrup for green gooseberries.

Mixed fruits: (for fruit cups or salads) Prepare equal quantities of any fruits in combination, such as apples, apricots, fresh grapefruit sections, seedless grapes, peaches and pears, cutting them in pieces of desired size. Add a few Maraschino cherries if desired. Pack cold in containers to within ½-inch of top. Cover with *boiling* Thin Sugar Syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 20 min. (pints or quarts).

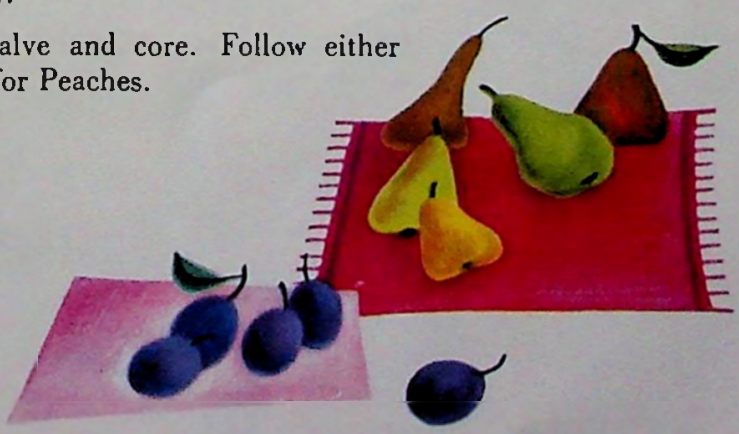
Nectarines: Follow directions for Peaches.

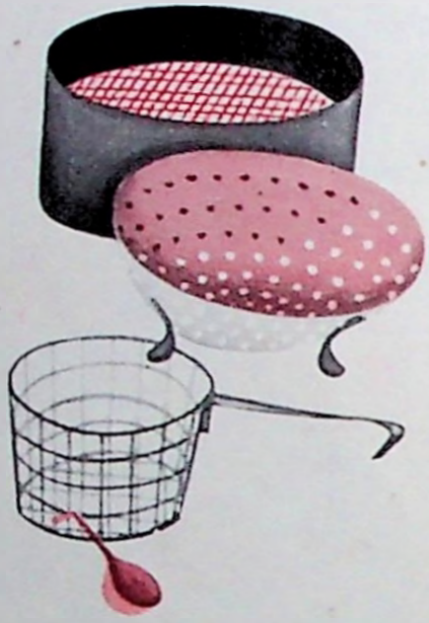
Peaches:

Method 1: Plunge into boiling water; let stand 1 minute. Quickly plunge into cold water. Remove skins, halve and pit. Slice if desired. Drop into acid water (see Apples). Drain. Simmer 5 min. in Medium Sugar Syrup. Pack hot peaches in containers to within ½-inch of top. Arrange halves rounded side up in overlapping layers. Cover with *boiling* syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 20 min. (pints or quarts).

Method 2: Pack cold peaches in containers as in Method 1. Cover with *boiling* Medium Sugar Syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 25 min. (pints); 35 min. (quarts).

Pears: Pare, halve and core. Follow either Method 1 or 2 for Peaches.





Plums: If left whole, prick skins. Freestones may be halved and pitted. Heat to *boiling* in Medium Sugar Syrup. Pack hot plums in containers to within ½-inch of top. Cover with *boiling* syrup, leaving ½-inch space at top. Adjust lids. Process in *boiling* water bath 15 min. (pints or quarts).

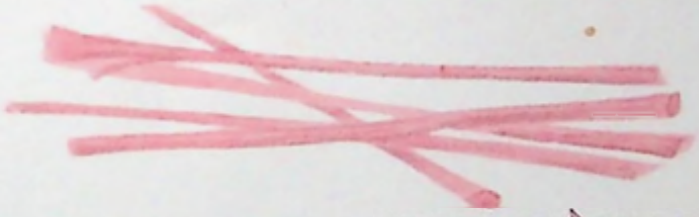
Rhubarb: Cut in ½-inch pieces. Do not peel. Add 1 cup sugar to each quart rhubarb; let stand to draw out juice. Bring to boil. Pack hot in containers to within ½-inch of top. Adjust lids. Process in *boiling* water bath 10 min. (pints or quarts).

Strawberries: Cap and stem. Add 1 cup sugar to each quart berries. Bring *slowly* to boil, shaking pan to prevent sticking. Remove from heat. Let stand overnight. Bring *quickly* to boil. Pack hot in containers to within ½-inch of top. Adjust lids. Process in *boiling* water bath 15 min. (pints or quarts).

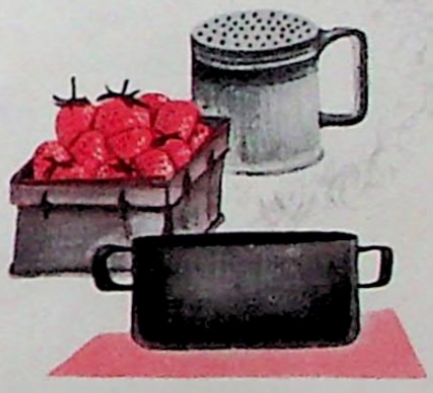
Tomatoes: Plunge into boiling water for ½ min. Plunge quickly into cold water. Cut out stem ends and peel.

Method 1: Quarter peeled tomatoes. Bring to boil, stirring often. Pack hot in containers to within ½-inch of top. Add ½-tsp. salt to pint jars, 1 tsp. to quarts. Adjust lids. Process in *boiling* water bath 10 min. (pints or quarts).

Method 2: Quarter peeled tomatoes. Pack cold in containers, to within ½-inch of top, pressing down gently to fill spaces. Do not add water. Add salt as in Method 1. Adjust lids. Process in *boiling* water bath 35 min. (pints); 45 min. (quarts).



Tomato juice: Cut unpeeled ripe juicy tomatoes in pieces. Do not add water. Simmer until softened, stirring often. Put through fine strainer. Add 1 tsp. salt to each quart juice. Reheat immediately to *boiling*. Fill into containers to within ¼-inch of top. Adjust lids. Process in *boiling* water bath 15 min. (pints or quarts).

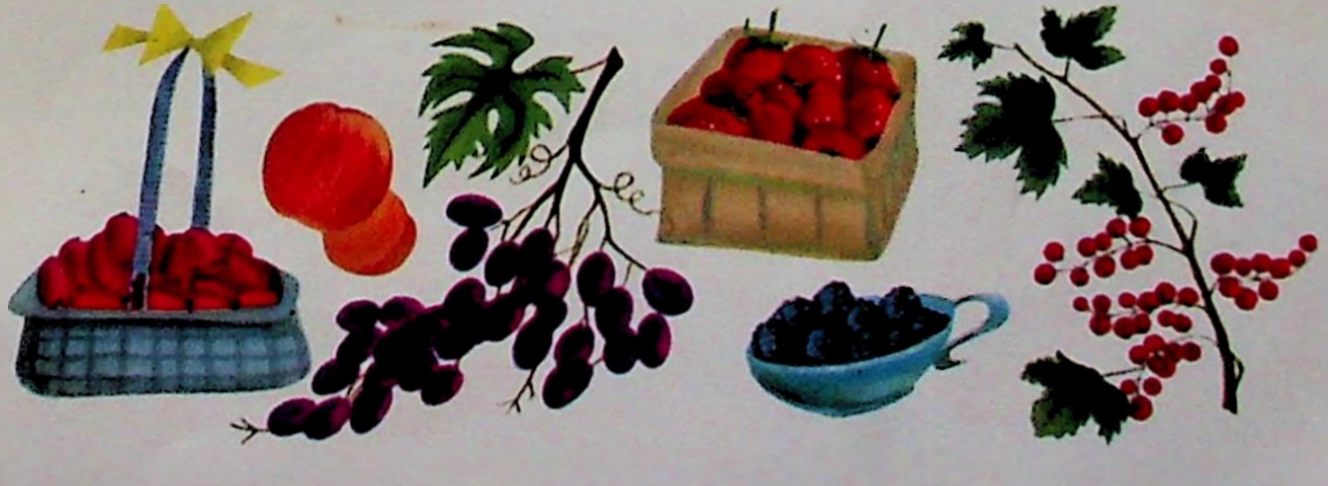


Tomato puree: Follow directions for tomato juice. After straining, boil to ½ original volume. Add salt as for tomato juice. Bring to *boil*. Fill *boiling* hot into pint containers. Adjust lids. Process in *boiling* water bath 15 minutes.

Table of Directions

Fruit	*Method*	*Preparation*
Apples	Hot Pack	Pare; core; slice
Applesauce	Hot Pack	Follow favorite recipe
Apricots see Peaches		
Berries except strawberries	Cold Pack	Pick over; wash; hull or stem
Cherries (sour)	Hot Pack	Wash; stem; pit
Cherries (sour)	Cold Pack	Wash; stem; pit or prick with fork
Cherries (sweet)		Same as sour cherries, using medium syrup
Cranberry Sauce	Hot Pack	Follow favorite recipe
Currants	Cold Pack	Wash; pick over; stem
Fruits, mixed	Cold Pack	Prepare any desired assortment
Gooseberries	Cold Pack	Trim; sort; wash; prick with fork
Nectarines see Peaches		
Peaches	Hot Pack	Grade; blanch; remove skins; halve and pit
Peaches	Cold Pack	Same as hot pack
Pears		Same as Peaches
Plums	Hot Pack	Wash; prick with fork
Rhubarb	Hot Pack	Wash; cut in 1-inch pieces
Strawberries	Hot Pack	Wash; drain; hull
Tomatoes	Hot Pack	Blanch; remove skins; core; quarter
Tomatoes	Cold Pack	Same as hot pack
Tomato Juice	Hot Pack	Wash; core; cut in pieces
Tomato Puree	Hot Pack	Same as tomato juice

Pre-cooking	*Sugar syrup to fill jars*	*Processing Time*
Boil in thin syrup 5 min.	Boiling thin	15 min.
		10 min.
	Boiling medium	20 min
Boil 7 min. in heavy syrup	Boiling heavy	5 min.
	Boiling heavy	25 min.
		5 min.
	Boiling heavy	20 min.
	Boiling thin	20 min.
	Boiling medium or heavy	20 min.
Simmer in medium syrup 5 min.	Boiling medium	20 min.
	Boiling medium	25 to 35
Heat to boiling in medium syrup	Boiling medium	15 min.
Add 1 cup sugar to each qt. rhubarb. Bring to boil.	Own syrup	10 min.
Add 1 cup sugar to each qt. berries. Let stand overnight. Bring to boil.	Own syrup	15 min.
Heat slowly to boiling point.	No added liquid. Add 1 tsp. salt per qt. jar	10 min.
	Same as hot pack	35 to 45
Simmer until soft. Put through sieve: reheat to boiling.	Add 1 tsp. salt per qt. jar	15 min.
Simmer until tender. Put through sieve, boil down to ½ original volume.	Add 1 tsp. salt per qt. jar	15 min.



how to make jelly

Perfect jelly is clear, sparkling, translucent, jewel-like in color. Turn it out of its glass and it quivers yet holds its shape. Cut it, and the spoon leaves a clean, sharp cleavage. Taste it, and its flavor is full and fruity, its texture tender and smooth.

Fruit Pectin

All fruits contain pectin, the substance which makes jellies "jell", but many factors affect the amount which is present, among them weather conditions and degree of ripeness. Until fruit pectins were put on the market in liquid and powdered form, jelly-making was hard, hot work, and success was never quite certain. Now it is possible to use fruit at the peak of its ripeness and flavor, and with the aid of added fruit pectin, to cook it briefly and be assured of success. The short cooking period increases the yield and results in better color and flavor. However, manufacturers' directions for the correct use of fruit pectin must be followed to the letter.

In General

1. Prepare juice.
2. Squeeze through a jelly bag.
3. Measure juice and sugar.
4. Follow directions for adding pectin and for boiling time periods.
5. Remove from heat; skim; pour quickly into clean, hot glasses.
6. Paraffin at once; cool; cover and label.

Jellies Using Liquid Fruit Pectin

Apple or Crabapple jelly

3½ lbs. fully ripe apples or crabapples
3 cups water
7½ cups sugar
1 lemon, juice (if sweet apples are used)
½ bottle liquid fruit pectin

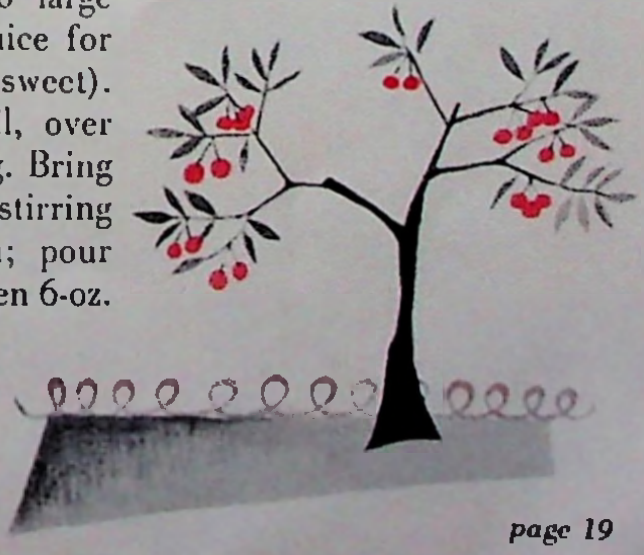
Remove blossom and stem ends from apples. Cut in small pieces. Do not pare or core. Add water; cover; simmer 10 minutes. Crush; simmer, covered, 5 minutes longer. Add lemon juice. Place in jelly bag; squeeze out juice. Measure 5 cups juice into large saucepan; add sugar; mix. Bring to boil over highest heat. At once add pectin, while stirring. Bring to full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about twelve 6-oz. glasses.

Apple mint jelly: Cook a large bunch of fresh mint with the apples. Tint juice green.

Berry Medley jelly

3 quarts strawberries and red raspberries, mixed
7½ cups sugar
¼ cup lemon juice (if berries lack tartness)
1 bottle liquid fruit pectin

Mix berries in any desired proportion. Crush thoroughly or grind. Place in jelly bag; squeeze out juice. Measure 4 cups juice into large saucepan. (Substitute ¼ cup lemon juice for ¼ cup berry juice if berries are very sweet). Add sugar; mix. Bring rapidly to boil, over highest heat. Add pectin, while stirring. Bring to full, rolling boil; boil hard 1 minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about ten 6-oz. glasses.



Cherry jelly

3 lbs. ripe sour red cherries
½ cup water
7 cups sugar
1 bottle liquid fruit pectin

Stem (do not pit) cherries; crush thoroughly; add water; bring to a boil; cover; simmer 10 minutes. Place in jelly bag; squeeze out juice. Measure 3½ cups juice into large saucepan; add sugar; mix. Bring to a boil over high heat, stirring constantly. At once stir in pectin. Bring to full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about ten 6-oz. glasses.

Currant jelly

4 lbs. ripe, red currants
1 cup water
7 cups sugar
½ bottle liquid fruit pectin

Crush currants; add water; bring to boil; cover; simmer 10 minutes. Place in jelly bag; squeeze out juice. Measure 5 cups juice into large saucepan; add sugar; mix. Bring to boil over high heat. At once add pectin, stirring constantly. Bring to full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about eleven 6-oz. glasses.

Grape jelly

3 lbs. Concord grapes*
½ cup water
7 cups sugar
½ bottle liquid fruit pectin

Stem grapes; crush thoroughly; add water. Bring to boil; cover; simmer 10 minutes. Place in jelly bag and squeeze out juice. Measure 4 cups juice into large saucepan; add sugar; mix. Bring to a boil over high heat, stirring constantly. At once stir in pectin. Bring to a full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about ten 6-oz. glasses.

**If wild grapes, Malagas, or other tight-skinned grapes are used, measure 3½ cups juice and add ¼ cup lemon juice.*

Quince jelly

3 lbs. quinces
4½ cups water
7½ cups sugar
½ bottle liquid fruit pectin

Remove blossoms and stem ends from quinces. Do not peel. Grind. Add water. Simmer, covered, 15 minutes. Place in jelly bag; squeeze out juice. (If fruit lacks tartness, add 2 tablespoons lemon juice to juice before measuring). Measure 4½ cups juice into large saucepan; add sugar; mix. Bring to boil over high heat. Add pectin, stirring constantly. Bring to full, rolling boil; boil hard ½ minute. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about eleven 6-oz. glasses.

Jellies Using Powdered Fruit Pectin

Sweet cherry jelly

3 lbs. ripe, sweet cherries
½ cup water
3½ cups sugar
1 box powdered fruit pectin

Stem and crush cherries (do not pit). Add water. Bring to boil; cover; simmer 10 minutes. Place in jelly bag; squeeze out juice. Measure 3 cups juice into large saucepan. Measure sugar; set aside. Set juice over high heat; add pectin; stir until mixture reaches a full, rolling boil. At once stir in sugar. Bring to a full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat, skim; pour quickly. Paraffin at once. Yield: about seven 6-oz. glasses.

Peach jelly

2½ lbs. ripe peaches
1 cup water
3½ cups sugar
1 box powdered fruit pectin

Stone peaches; do not peel; crush thoroughly. Add water; bring to boil; cover; simmer 10 minutes (add a few crushed peach stones during simmering, if desired). Place in jelly bag; squeeze out juice. Measure 2½ cups juice.

Measure sugar; set aside. Set juice over high heat: add pectin; mix well. Stir until mixture reaches a hard boil. Add sugar at once, stirring constantly. Bring to full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about seven 6-oz. glasses.

Spiced Plum jelly

3 lbs. ripe plums
¾ cup water
4 cups sugar
½ teaspoon each powdered allspice, cinnamon and cloves
1 box powdered fruit pectin

Crush plums; do not peel or pit. Add water; bring to boil; cover; simmer 10 minutes. Place in jelly bag; squeeze out juice. Measure 3 cups juice. Measure sugar, set aside. Set juice over highest heat. Add spices and pectin; mix well. Stir until mixture reaches a hard boil. Add sugar at once, stirring constantly. Bring to full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; pour quickly. Paraffin at once. Yield: about seven 6-oz. glasses.

Strawberry-mint jelly

2 qts. ripe strawberries
3½ cups sugar
½ cup mint leaves and stems firmly packed
1 box powdered fruit pectin

Wash, hull and crush or grind strawberries; place in jelly bag; squeeze out juice. Measure 2½ cups juice. Measure sugar; set aside. Place mint in large saucepan; crush; add juice. Set over high heat. Add pectin; mix well. Stir until mixture reaches a hard boil. Add sugar at once, stirring constantly. Bring to full, rolling boil; boil hard ½ minute, stirring constantly. Remove from heat; skim; *strain* into glasses. Paraffin at once. Yield: about seven 6-oz. glasses.

jam

Jam is made from whole berries or fruits, plus sugar. The use of fruit pectin insures a product of proper consistency.

Blackberry jam

2 qts. ripe blackberries
7 cups sugar
½ bottle liquid fruit pectin

Grind blackberries; measure 4 cups. Add sugar; mix well. Set over high heat. Bring to full, rolling boil, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat; stir in pectin. Stir and skim for 5 minutes to prevent floating fruit. Pour quickly. Paraffin at once. Yield: about eleven 6-oz. glasses.

Plum jam

2½ lbs. ripe plums
¼ cup water
5 cups sugar
1 box powdered fruit pectin

Pit (do not peel) plums. Cut in small pieces; chop. Add water; bring to a boil; simmer, covered, 5 minutes. Measure 4 cups into large saucepan. Measure sugar; set aside. Place saucepan holding fruit over high heat. Add pectin; stir until mixture comes to a hard boil. At once stir in sugar. Bring to full, rolling boil; boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Yield: about nine 6-oz. glasses. *Spiced Plum Jam:* Add ¼ to ½ teaspoon each cinnamon, cloves and allspice or any desired combination of spices to fruit before making jam.

Peach jam

2½ lbs. ripe peaches
4½ cups sugar
1 box powdered fruit pectin

Peel and pit peaches. Grind. Measure 3½ cups into large saucepan. Measure sugar; set aside. Place saucepan holding fruit over high heat. Add pectin; stir until mixture comes to a hard boil. At once stir in sugar. Bring to full rolling boil; boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Yield: about eight 6-oz. glasses.

Red Raspberry jam

2 qts. ripe raspberries
6 cups sugar
1 box powdered fruit pectin

Wash raspberries; crush or grind; measure 4½ cups, filling up last cup with water if necessary. Measure sugar; set aside. Set fruit over high heat; add pectin; mix well; stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full, rolling boil; boil hard 1 minute, stirring constantly. Remove from heat; skim; ladle quickly into glasses. Paraffin at once. Yield: about eleven 6-oz. glasses.

Strawberry jam

2 qts. ripe strawberries
7 cups sugar
½ bottle liquid fruit pectin

Wash, hull and grind berries. Measure 4 cups. Add sugar; mix well. Set over high heat. Bring to full, rolling boil, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat; stir in pectin. Stir and skim by turns 5 minutes to prevent floating fruit. Pour quickly. Paraffin at once. Yield: about ten 6-oz. glasses.

marmalade

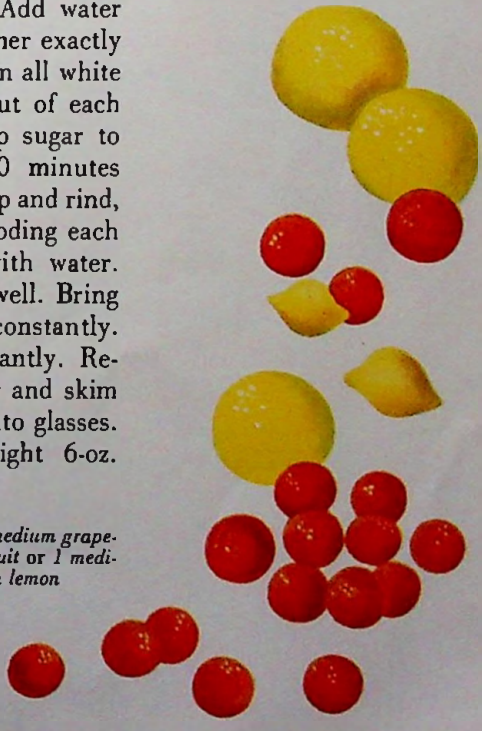
In making marmalade, all the fruit except seeds and core is used. The finished marmalade contains small pieces of pulp and peel, distributed evenly through a rich jelly.

Citrus marmalade

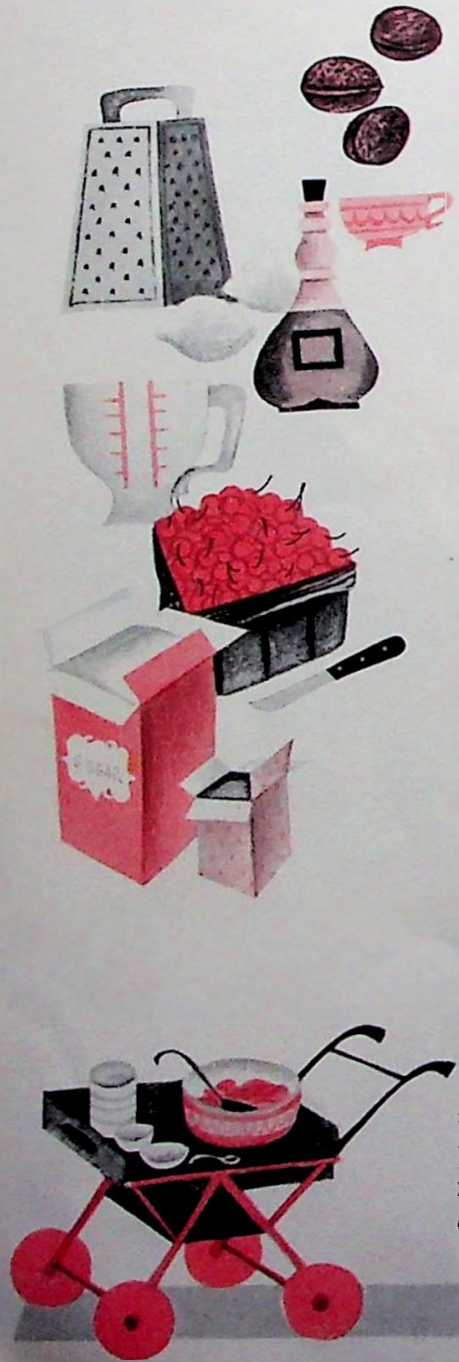
3½ cups prepared fruit*
1½ cups water
6 cups sugar
⅛ teaspoon baking soda
½ bottle liquid fruit pectin

Remove peels from fruits in quarters. Lay quarters flat; shave off and discard about ½ of white part. Cut remaining peel into fine shreds, using a very sharp knife. Add water and baking soda. Bring to boil; simmer exactly 10 minutes, stirring frequently. Trim all white skin from peeled fruit; slip pulp out of each section. Add pulp, juice and 1 cup sugar to cooked rind. Simmer, covered, 20 minutes longer. Measure 3½ cups cooked pulp and rind, solidly packed, into large kettle, flooding each cup with juice, or if necessary, with water. Add remaining 5 cups sugar; mix well. Bring quickly to full, rolling boil, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat; stir in pectin. Stir and skim by turns 5 minutes. Pour quickly into glasses. Paraffin at once. Yield: about eight 6-oz. glasses.

**3 medium oranges and 2 medium lemons or 2 medium grapefruit* or *2 medium oranges and 1 small grapefruit* or *1 medium grapefruit, 1 medium orange and 1 medium lemon*



conserves



Conserves are made with two or more fruits, and sugar to lend flavor and body. Nutmeats, raisins or both are usually added. In consistency, conserves are thicker than marmalade.

Cherry walnut conserve

2½ lbs. ripe sweet cherries
7 cups sugar
½ lb. chopped, seeded raisins
1 cup finely chopped walnuts
2 medium lemons, grated rind and juice
1 bottle liquid fruit pectin

Pit cherries; crush or grind. Measure 4 cups into large kettle; add sugar, raisins, grated lemon rind and lemon juice; mix well. Bring to full, rolling boil over high heat, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat. Stir in pectin and walnuts. Stir and skim by turns 5 minutes. Ladle quickly into glasses. Paraffin at once. Yield: about thirteen 6-oz. glasses.

Cranberry pecan conserve

2 lbs. cranberries
4 cups water
1 cup seeded raisins, chopped
5½ cups sugar
½ bottle liquid fruit pectin
1 cup finely chopped pecans

Combine cranberries, water and raisins in saucepan; bring to boil; simmer 10 minutes. Measure sugar into large kettle; add cranberry mixture; mix well. Bring quickly to full, rolling boil, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat. Stir in pectin and pecans. Stir and skim by turns 5 minutes. Ladle quickly into glasses. Paraffin at once. Yield: about twelve 6-oz. glasses.

Ginger peach conserve

1 lb. dried peaches
4 cups water
2 oranges
1 cup seedless raisins
⅓ cup chopped crystalized ginger
1 lemon, juice
2 cups sugar
½ cup chopped walnuts

Chop peaches; add water; let stand over-night. Slice 1 orange thin; remove seeds; add with raisins, ginger, lemon juice, juice of remaining orange and sugar. Bring to boil, stirring until sugar dissolves. Simmer until thick, stirring frequently. Remove from heat. Ladle into glasses. Paraffin at once. Yield: about twelve 8-oz. glasses.

fruit butters

Fruit	*Preparation*
Apples:	Pare; slice; measure; cook in equal amount of cider or water.
Apricots:	Blanch; remove skins and pits; crush; cook in own juice.
Grapes:	Stem; crush; cook in own juice.
Peaches:	Same as Apricots, above.
Pears:	Crush; cook in own juice.
Plums:	Quarter; remove stems; do not pare or core; measure; cook in half as much water as fruit.

Method: Cook until fruit is soft, stirring often. Put through food mill or fine sieve. Measure pulp. Add half as much sugar as pulp. Add ½ teaspoon salt per gallon of sweetened pulp. Cook rapidly, stirring constantly, reducing heat as butter thickens. Test by pouring a small quantity on a cold plate. When no liquid appears around edge of butter, cooking is completed. Stir in 2 teaspoons mixed ground spices per gallon of butter. Ladle, boiling hot, into hot, sterilized jars. Seal at once.

pickles and relishes

Bread and butter pickles

12 medium cucumbers
8 medium onions, peeled
4 green peppers
¾ cup cooking salt
6½ quarts water
7 cups sugar
6 cups vinegar
3 tablespoons celery seed
¼ cup white mustard seed
1 teaspoon turmeric

Wash cucumbers, onions and green peppers; slice thin. Soak several hours or overnight in brine made by dissolving the salt in 6 quarts of water; drain. Combine sugar, vinegar, remaining water and spices in a large kettle; bring to a boil; boil 3 minutes; add vegetables; boil 20 minutes or until vegetables are clear. Fill into hot sterilized containers. Seal at once.

Boston pickle

½ peck green peppers
1 large head cabbage
12 large onions
6 ripe cucumbers
2 red peppers (sweet)
3 quarts vinegar
3 pounds brown sugar
1 pint vinegar
¼ pound white mustard seed
1 ounce celery seed
½ teaspoon turmeric powder
1 teaspoon black pepper
¼ pound dry mustard
1 cup olive oil
1 teaspoon curry powder

Chop vegetables fine; combine. Put a layer of vegetables in a crock; sprinkle liberally with cooking salt. Repeat until all vegetables are used. Let stand 24 hours; drain. Combine 3 quarts vinegar, brown sugar, mustard seed, celery seed, turmeric and pepper; bring to a boil; boil 5 minutes, pour over vegetables; cool. Drain; bring vinegar solution to a boil again; pour over vegetables again. Mix mustard, olive oil, curry powder and 1 pint vinegar; add to vegetables; mix well. Pack in hot sterilized containers. Seal.

Green Tomato sweet pickles

1 peck green tomatoes
6 medium onions
1 quart vinegar
4 pounds brown sugar
3 tablespoons mixed pickle spices

Slice tomatoes and onions thin; sprinkle with salt and let stand over-night in a crock, with a plate and heavy weight on top. Drain; scald in water to which a little vinegar has been added; drain. Combine vinegar, sugar and spices; bring to a boil. Add tomatoes and onions; boil until tender. Fill, boiling hot, into jars. Seal.

Mustard pickle

2 large heads cauliflower
1 quart tiny white onions
1 quart small green tomatoes, quartered
1 quart large green tomatoes, quartered
10 green peppers, diced
½ pound dry mustard
1 quart sliced large cucumbers
1 quart gherkin cucumbers
1 gallon vinegar
½ cup salt
3 cups sugar
1 ounce turmeric
1½ cups flour

Separate heads of cauliflower into flowerets. Combine with other vegetables, except cucumbers, and place in a large kettle. Heat vinegar to boiling point; pour over vegetables; bring to a boil. Mix salt, sugar, turmeric, flour and dry mustard to a thin paste with a little cold vinegar; add to hot mixture, stir to avoid lumping. Add cucumbers, bring to a boil, stirring constantly. Fill into hot, sterilized containers. Seal.

Pickled Watermelon rind

Remove green peel from rind; cut rind in 1-inch pieces; cover with weak brine (2 tablespoons salt to each quart water). Let stand over-night. Drain; cover with fresh water; cook until tender. Weigh rind. For each 2 pounds, use 4½ cups sugar, 2 cups water, 1 thinly sliced lemon, 2 cups vinegar, 2 sticks (2-inch) cinnamon, 1 teaspoon whole cloves, 1 teaspoon allspice berries. Boil together 5 minutes; add rind and cook until clear. Pack hot rind in hot sterilized jars. Fill jars with boiling syrup. Seal.

Apple chutney

12 tart apples
2 medium onions
2 green peppers
2 cups vinegar
1 cup seedless raisins
½ cup tart jelly
2 cups sugar
4 lemons, juice and grated rind
1 teaspoon ginger
1 teaspoon salt

Pare, core and slice apples. Mince onions and peppers; add to apples with vinegar. Boil 1 hour. Add remaining ingredients; mix well. Boil until thick, stirring constantly. Pack, boiling hot, in hot sterilized jars. Seal.

Ginger-peach chutney

1 medium onion
1 small garlic clove, peeled
½ pound seedless raisins
4 pounds fresh peaches
2 tablespoons chili powder
1¼ pounds brown sugar
1 cup chopped crystalized ginger
2 tablespoons mustard seed
1 tablespoon salt
1 quart vinegar

Put onion, garlic and raisins through food chopper, using the fine knife. Peel and dice peaches; mix with chili powder, ginger, mustard seed, salt, vinegar and brown sugar. Add onion, garlic and raisin mixture. Mix well. Simmer 1 hour or until deep brown in color and rather thick. Pack, boiling hot, in sterilized jars. Seal.

Old-fashioned mincemeat

6 pounds cooked lean beef
2 pounds citron
2 pounds suet
10 pounds apples
3 pounds seedless raisins
3 pounds currants
4 pounds brown sugar
2 cups sweet cider
2 cups beef stock
2 tablespoons allspice
2 tablespoons mace
2 tablespoons cloves
2 tablespoons cinnamon
3 tablespoons salt

Put beef, citron, suet and apples through food chopper using medium knife; combine with remaining ingredients; mix well. Simmer 1 hour, or until thick, stirring often. Fill, boiling hot, into hot sterilized containers. Process in water-bath canner 10 minutes (page 4).

Chili sauce

18 tomatoes
2 green peppers
2 medium onions
1½ cups sugar
2 cups vinegar
2 teaspoons salt
1 teaspoon ground cinnamon
½ teaspoon ground cloves
1 teaspoon allspice

Peel, core and chop tomatoes. Chop peppers and onions fine. Combine all ingredients. Boil slowly 4 hours or until sauce reaches desired thickness. Fill, boiling hot, into hot sterilized containers. Seal.

Pepper hash

2 pounds seeded red peppers (sweet)
2 pounds seeded green peppers
3 pounds onions, peeled
Water
1 quart vinegar
1 pound sugar

Put peppers and onions through food chopper, using medium knife. Add 4 quarts water. Let stand 5 minutes; drain. Add 1 pint vinegar and 2 quarts water. Bring to a boil; drain; pressing lightly. Add remaining vinegar and sugar; mix well. Bring to a boil. Pack, boiling hot, in hot sterilized ½-pint jars. Seal.

Piccalilli

2 pounds onions
1 pound green peppers
5 pounds green tomatoes
3½ pounds cabbage
5 cups sugar
2 tablespoons white mustard seed
2 tablespoons celery seed
2 tablespoons salt
2 quarts vinegar

Peel onions; seed green peppers; put vegetables through food chopper, using medium knife. Combine all ingredients. Cook until slightly thickened and vegetables are tender (about 20 minutes), stirring occasionally. Fill, boiling hot, into hot, sterilized containers. Seal.

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